



METABOLIC TESTING

Metabolic testing is a simple procedure. After a few basic measurements, you are seated in a comfortable chair and asked to breathe into a machine for 15 minutes. The metabolic unit will measure your breath and determine the amount of oxygen your body used.

The test will tell us how many calories your body burns at rest and if your metabolism is fast, normal, or slow. You'll get the results of the test when you come back to our nutrition class.

The class will cover how to use the results of the test and some basic, easy to understand guidelines on improving your current nutrition intake.

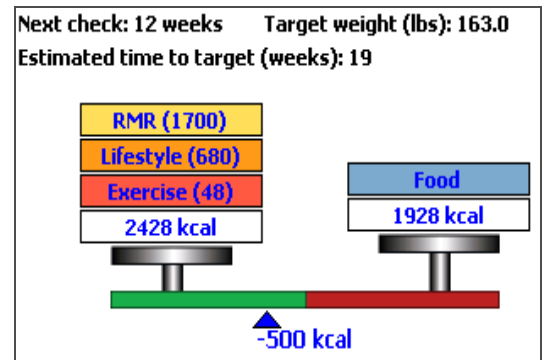
We offer advice and assistance until you reach your goals!



You will breathe into a machine for 15 minutes to measure your resting metabolic rate

What are the Benefits?

- ◆ Your Resting Metabolic Rate will be actually measured, not calculated or estimated.
- ◆ You will know exactly how many calories your body needs each day to lose, gain, or maintain your weight.
- ◆ You will learn how activity and lifestyle play a role in calculating daily caloric needs.
- ◆ You will learn how to balance the number of calories you eat with the number of calories you burn.



Example of metabolic test report

How do I prepare?

It is important to follow these guidelines to get accurate results:

- ◆ Nothing to eat or drink six hours prior
- ◆ No use of tobacco products six hours prior
- ◆ No exercise the morning of your appointment

There is an online questionnaire that you need to fill out before your appointment.

Please go to : <https://www.sft.army.mil/awc/>

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